

Women's History Month celebrated at Buchanan

Marc McCormick
El Morro

Women Builders of Communities and Dreams was the theme of this year's Women's History Month celebration at Fort Buchanan's Community Club.

Hosted by Magda Rivera, the event was attended by Brig. Gen. Jose Aponte, commanding general, 65th Reserve Readiness Command, and Col. Stephen M. Ackman, commanding officer, Fort Buchanan, and many employees of Fort Buchanan.

Rivera set the theme for the program by telling the crowd,

"Imagine a time when a woman's place was believed to be in the home, and, less than 20 percent of women were in the work force; when most colleges and universities were closed to women; when women didn't even have the right to vote. That time was just a 100 years ago," she said.

Now, women are increasingly taking leadership roles in many fields, including our military, government, science and education. But the change didn't happen over night and it took thousands of pioneering women to pave the way. Today, women in the United States have more opportunities than ever, while the struggle continues toward true gender equality," she said. Following her remarks, Col. Ackman introduced the guest speaker, Dr. Florabel G. Mullick.

"She is a member of the Senior Executive Services and was appointed as the Principal Deputy Director of the Armed Forces Institute of Pathology," Ackman said. He went on to note her considerable achieve-

ments through the years including receiving the Presidential Rank Award of Distinguished Executive, the nation's highest civil service award.

The diminutive Dr. Mullick stands tall among her peers in pathology but she also recognizes the efforts and energies it takes to achieve such status.

"The theme of this year's celebration is very appropriate," Mullick said. I consider myself to be a dream specialist."

Mullick then reflected on how she always wanted to be a pathologist and how, at times, it was very difficult for her to achieve her goal coming from a very traditional Puerto Rican family. "My grandfather wanted me to stay at home and not go to college," she said.

Mullick persisted and the second time she was accepted to medical school, she went and enrolled. because of her high scholastics record, she was given a scholarship.

"When I finished medical school, I wanted to give something back," she said. What

could I do?" she asked herself. her answer was to spend a year in a Puerto Rico emergency room instead of going immediately to the states as many of her colleagues did.

Later, she went to America and worked with children at the Georgetown Children's Hospital and it was from there she was recruited into the Institute of Pathology. She had finally realized her life long dream. "Ever since I was a little girl, I wanted to work in pathology and I always wanted to work at the Institute of Pathology," she said.

Mullick also spoke to her six steps of achieving success - her, "How I Did It" slide.

"Always," she began ...

- Work hard.
- Be persistent.
- Go without crutches.
- Earn what you get.
- Be proud of what you do.
- Share.

These values, she noted, will lead you to your ultimate goal. Her message was enthusiastic. **See Mullick — Page 18**



Leo Martinez

Dr. Florabel G. Mullick was the key-note speaker at Fort Buchanan's Women's History Month celebration.



MEPS volunteers...
See Pg.6



BG Rosado honored
... See Pg.12



The officer at the gate...
See Pg.13



Courtesy Photo

A Soldier checks out one of the many booths offering information and job applications.

Job Fair first of its kind on post

Marc McCormick
El Morro

Fort Buchanan hosted its first Job Fair at the Community Club Mar. 15, where Soldiers, civilians and family members gathered

employment information and applications from federal and state agencies and non-appropriated fund activity agencies.

The event was a cooperative effort between Fort Buchanan's ACAP program, Army Commu-

nity Service office and DOIM in conjunction with the U.S. Department of Labor and the Puerto Rico Department of Labor.

Attending from Washington, John M. McWilliam, deputy as- **See Fair — Page 12**

New director takes over directorate at Human Resources

El Morro Staff

His full name is Herbert C. Rader, Jr. but everyone calls him Bud. Mr. Rader came to Buchanan from Camp Henry, Daegu, Republic of Korea March 1.

He spent the past 10 years working various jobs in Korea including the 2nd Infantry Division, Uijonbu, Korea; Headquarters Eighth U.S. Army and Headquarters Installation Management Agency Korea Region Office in Seoul, and the Area IV Support Activity in Daegu.

He spent 30 years in the Air Force working Special Operations and Manpower Management for the Air Force Special Operation Command.

He graduated from the University of Florida and the Army Management Staff College, Sustaining Base Leadership and Management course.

Mr. Rader is married and accompanied by Chin-Hui, his wife and their daughter Ashley.

He is impressed with Fort Buchanan and the people he has met.



"Bud" Rader

FROM THE COMMANDER:



April: The
month of
awakening

April is the month we traditionally think of new life. It is the month most commonly when Easter and Passover occur. At this time when new life is at the forefront of thinking, I ask all to look at our installation.

Recently Commonwealth officials ensured the shoulder of Route 28 was cleared of debris which had been an eyesore afflicting both the post and the Commonwealth. It looks so much better now. Let us make sure the area inside the gates remains as spotless as possible. If you see refuse lying about — stop and pick it up. Don't throw trash about yourself. You may be surprised how powerful your positive actions can be on others, especially when many ordinary folks are seen policing our installation. It is infectious.

In the last six months, the Fort Buchanan Casualty Area Command has been relying on the Soldiers of the 65th Regional Readiness Command and the 166th Regional Support Group to perform funeral detail. They prepared and trained three teams. I must tell you these Soldiers performed this solemn duty better than I have seen it performed yet, and I attend all funerals. This has been true in all details performed in the most recent months. These Soldiers are the face of the dignity for fallen Soldiers and their families. This duty soon passes to our Soldiers in the Puerto Rico National Guard.

Money is an important issue these days. It has always been important, it will always be important. But, it seems as though it has been an issue in the forefront lately. Fort Buchanan is no different than any other installation in that we are looking at a considerable shortage if current trends continue. I cannot say at this stage if we will see any disruption of services. Senior leaders above the installation level are working very hard to ensure this does not happen. We will keep you fully informed.

Every one of us can help however. Buchanan faces a multi-million

dollar unfunded requirement for utilities. This is not unusual across all Army installations. However, every time you leave a light or computer screen turned on that is not needed, you contribute to cost. The entire community combined can make a difference in the Army's cost. Turn it off if it is not needed.

I remind all of our obligation to stop and render honor to the nation twice a day. At 6 a.m. and 5 p.m. daily reveille and retreat play across the post. If you are walking, running or bicycling stop, face the flag and salute if in any uniform of service to the United States. If in civilian clothing, place your hand over your heart. If driving, use judicious discretion and consider safety first. If possible and safe, stop your car and get out and face the flag and provide the appropriate honor. These things are about basic soldiering.

Gate concerns — folks, we continue to work the details to incorporate security personnel of our Reserve Military Policeman and Navy Security Personnel. We want to make sure all concerns are met before we begin. You should see it soon.

New Car Care Center — Mr. Johnson, general manager of AAFES, reported to me some weeks ago, our car care project has been pushed back, probably not beginning until July. This happened to the untimely passing of the person in Dallas managing the project. We look forward to the beginning of this great improvement of service to you in the near future.

As always, remember in your thoughts and prayers, all who are deployed in service to the nation.

Child Abuse Prevention Month

Col. Stephen M. Ackman
Commanding Officer
Fort Buchanan

I am issuing a proclamation in support of Child Abuse Prevention Month in the Army, April 2006. The most recent Department of the Army report on child fatalities teaches us a great deal about preventable child deaths. The report is a sobering reminder of the need for an effective installation wide response.

- We need to recognize child abuse and the dangerous circumstances that can lead to a child's death.

- We need to respond to what we see and know, keeping the safety of our children uppermost in our minds.

- We need to report all forms of

child abuse — situations of child neglect can lead to child deaths.

Building stronger links to the civilian community is another important factor. The report on child fatalities shows that all too often, child abuse incidents that were identified off-post were not reported to military authorities who could have offered intervention services.

Family stress and family dysfunction are deep concerns. For instance, 56 percent of the adults involved in Army child abuse fatalities had substance abuse and/or behavioral health issues. In six child fatality cases, death occurred while the Soldier was deployed. Two fatalities were identified as possible "shaken baby" syndrome cases. Three fatalities were directly attributed to post-partum depression.

Our smallest children are the greatest victims. In fact, 76 percent of all

child abuse fatalities involved children under the age of three.

We must dedicate ourselves to preventing these tragedies. We must commit ourselves to protect our children, and keep them safe.

What does it take?

- Pay attention to the early warning signs.

- Reach out to families under stress.

- Mobilize the entire community both on and off post.

- Know what services and programs are available.

- Recognize, respond, and Report child abuse and neglect.

For more information and support in preventing child fatalities, contact the Family Advocacy Program at 707-3709. They can help.

Army's sexual assault policy outlined

El Morro Staff

Sexual assault is contrary to Army values, degrades mission readiness, and is a crime. It has no place in our Army.

Over the past 18 months, the Army has implemented a comprehensive Sexual Assault Prevention and Response Program to help address this problem.

We have made much progress, but, we still have a long way to go.

During 2005, the Army had over 1,200 reported cases of sexual assault in which either the alleged perpetrator or the victim was a Soldier - more than a 70 percent increase from 2004.

Such an increase in reported cases does not necessarily mean an increase in the actual number of sexual assaults, but it does highlight the magnitude of our problem.

While there are strong indications that recent command emphasis, along with Army policy and training initiatives have created a willingness in more victims to report sexual assaults, many still do not come forward.

One of the SAPR program's goals is to create a climate that encourages victims to report without fear or shame so they can receive the help they need and so the perpetrators receive the punishment they deserve.

See Assault

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ACS volunteer program provides broadbased initiative

Melissa Zayas
El Morro

Four times a year Army Community Services recognizes post volunteers, also known as the Army Volunteer Corps.

Ivette Davila, Army volunteer coordinator, is in charge of Army, National Guard, Reserve and Navy volunteers.

ACS' mission is to help promote and strengthen volunteerism by uniting community volunteer efforts, supporting professional management, and enhancing volunteer career mobility, and establishing volunteer partnership to support individual personal growth and life-long volunteer commitment.

"The main philosophy is to provide information about

opportunities that exist in the Caribbean," Davila said. "The goal is to have a trained and resourceful professional volunteer force supported by Army leadership that is prepared to contribute to Army readiness and well-being," he said.

Recently, 33 volunteers were recognized for their hours of service. However, there are over 200 volunteers who are also a part of this vital program.

Participating agencies in the volunteer program are the Directorate of Morale, Welfare and Re-creation; the Welcome Center; Army Family Team Building; the mayoral program; Girl Scouts; Boy Scouts; Department of Defense Schools; Parent Teachers Organizations; Army Career and



Alumni Program; Chapel; Family Readiness Group; 65th RSC Family Support Group(s); Boss Program; Army retirees; Veterinary Clinic; Health Clinic; Housing Office; Equal Employment Office; Special

Community Events and the Public Affairs Office.

The categories of recognitions are — Outstanding Volunteer Award; Certificate of Appreciation and Department of the Army Public Services Awards; installation wide recognition events and agency level recognition events.

A newly created incentive plan for volunteers allowed them to have an ID card with limited exchange privileges and for the Volunteer of the Month to have a reserved parking space.

ACS also premiered a new logo.

"Volunteers are people that will enrich the Army with their knowledge," Davila said. "Volunteers also receive benefits such using official mail services,

use of government facilities, compensation for work-related injuries and job training.

To be a volunteer, you have to go through an interview and orientation.

The Army Community Corps maintains a record for your supervisor to keep track of the hours volunteered. After registration, the volunteer can participate in volunteer related matters like assisting at meetings, writing reports and receiving training.

For Army volunteers, the Recognition for Adults ceremony will be 1 p.m., April 23 at the Community Club Conference Room.

Youth recognition day will be celebrated May 6 at the Waterspout.

Post Talk

ID cards...

Effective Apr. 6, the ID card section in the Welcome Center will be closed every Thursday 7-8 a.m. for section training.

In case of emergencies, call Mr. Comas at 707-3333.

Spring bazaar...

Fort Buchanan will host a Spring Bazaar at the Community Club & Conference Center 9 a.m. to 8 p.m., Apr. 28 and 9 a.m. to 6 p.m., Apr. 29.

Anyone who is interested in selling products to our Fort Buchanan community can participate.

For more information, contact Carmen Soto at 707-3778.

Car care...

The new Care Car Center hours are —

Mon., Wed. & Fri - 9 a.m. to 6 p.m.

Tue. & Thurs. - 10 a.m. to 8 p.m.

Saturday - 8 a.m. to 5 p.m.

Sunday - Closed.

Check for Ladies Night classes. There will also be classes and workshops oriented to ladies who wish to learn how to perform routine maintenance on their automobiles. For more information, call 707-3972.

Buchanan focus on your health — How to avoid 'killer clots'

Lisa J. Young

Army Center for Health Promotion & Preventive Medicine

According to Dr. Samuel Z. Goldhaber of the Brigham and Women's Hospital, "killer clots" or deep vein thrombosis affects close to two million people each year.

Recent media coverage of this disease has raised interest in this previously overlooked but common condition.

Many DVT cases have no obvious symptoms and the clots are never detected.

Because of this, the condition is often silent and can mimic a heart attack, pneumonia, and anxiety.

What is deep-vein thrombosis?

DVT is the formation of a blood clot in a deep vein.

It usually forms in the deep veins of the pelvis or extremities, such as the thigh or upper arm.

If left undetected, the clot can break loose from the vein walls and travel through the heart to the lungs.

This can result in the blocking of a pulmonary artery, a potentially fatal condition.

What are the risk factors for DVT?

- Obesity.
- Inactivity.
- Cigarette smoking.
- Surgery.
- Hypertension.
- Immobilization.
- Trauma.
- Chronic medical illnesses such as cancer, congestive heart failure, and chronic obstructive pulmonary disease.

• Use of oral contraceptives and hormone replacement therapy; pregnancy and childbirth.

What are the warning signals of DVT?

If any problems develop, a person should seek medical advice immediately.

• Persistent muscle cramping that intensifies over several days.

• Unexplained swelling of the leg, upper arm or neck.

• Warmth and a discoloration/redness of the skin.

• Pain that is worse when standing or walking.

• A vague sense that something is wrong but difficulty defining it.

What practical steps can be taken to prevent DVT?

• Lifestyle modifications are the most likely means of reducing risk for DVT and practice healthy nutrition without excess calories to avoid obesity.

• Engage in daily exercise (i.e., walk, jog, bicycle, swim, muscle-toning activity).

• Consume adequate water and avoid alcohol consumption to avoid dehydration.

• Quit cigarette smoking. Nicotine patches, gum, sprays, and prescription drugs may help you do this.

• Maintain normal blood pressure (defined as <120/80 mm Hg).

• Wear vascular compression stockings that are tighter at the foot and looser higher up the leg; alert your health-care provider to any family history or genetic predisposition to DVT.

How is DVT treated?

If a person is diagnosed with DVT, treatment is aimed at preventing the clot from enlarging or breaking loose.

This prevents the clot from traveling to the lungs.

It also is essential in preventing the formation of new clots.

This treatment is done by administering anticoagulant medication over a period of months.

The anticoagulants can stop new clots from forming and old ones from growing.

What is the best means of prevention?

Awareness is the best means of prevention.

Because most Americans don't know about DVT, they don't know what questions to ask of health-care providers about lifestyle changes or more intensive measures that are usually successful.

"Killer Legs," a public awareness/ education campaign begun in 2003 by a pharma-

ceutical company, encourages patient-to-provider conversation to provide DVT awareness information.

Prevention materials are available through the DVT Web site www.dvt.net or by calling the toll-free number, 1-800-DVT-NET1.



File Photo

Blood pressure checks are indicators of problems associated with blood constriction issues and clots. To maintain a healthy lifestyle, follow your physician's advice and always take prescribed medications as specified by the directions on the bottle.

Skin art? Army inks new policy for tattoos, body art

J.D. Leipold
Army News Service

WASHINGTON — The Army has revised its policy on tattoos in an effort to bolster recruitment of highly-qualified individuals who might otherwise have been excluded from joining.

Tattoos are now permitted on the hands and back of the neck if they are not "extremist, indecent, sexist or racist." Army Regulation 670-1, which was modified via a message released Jan. 25, also now specifies: "Any tattoo or brand anywhere on the head or face is prohibited except for permanent make-up."

For women, allowable make-up would be permanent eye-liner, eyebrows and makeup applied to fill in lips, officials said. They said permanent make-up should be conservative and complement the uniform and complexion in both style and color and will not be trendy.

The change was made because Army officials realized the number of potential recruits bearing skin art had grown enormously over the years.

About 30 percent of Americans between the ages of 25 and 34 have tattoos, according to a Scripps Howard News Service and Ohio University survey. For those under age 25, the number is about 28 percent. In all, the post-baby-boom generations are more than three times as likely as boomers to have tattoos.

As a result of tattoo attitude changes, Army Regulation 670-1, chapter 1-8E (1) has been modified via an ALARACT 017/2006 message.

Additionally, paragraph 1-8B (1) (A) was revised to state: "Tattoos that are not extremist, indecent, sexist or racist are allowed on the hands and neck. Initial entry determinations will be made according to current guidance."

The Army has never allowed indecent tattoos on any part of the body, officials pointed out.



File Photo

Newest army regulations expressly prohibit "extremist, indecent, sexist or racist body art."

The new policy allows recruits and all Soldiers to sport tattoos on the neck behind an imaginary line straight down and back of the jawbone, provided the tattoos don't violate good taste.

"The only tattoos acceptable on the neck are those on the back of the neck," said Hank Minitrez, Army Human Resources Policy spokesman. "The 'back' of the neck is defined as being just under the ear lobe and across the back of the head. Throat tattoos on that portion of the neck considered the front, the ear lobe forward) are prohibited."

Soldiers who are considering putting tattoos on their hands and necks, should consider asking their chain of command prior to being inked.

"While the Army places trust in the integrity of its Soldiers and leaders, if a Soldier has a questionable case regarding tattoos, he or she should seek the advice of the local commander through the chain of command," added Minitrez.

Should a Soldier not seek advice and have tattoos applied that aren't in keeping with AR-670, the command will counsel the Soldier on medical options, but may not order the Soldier to have the tattoos removed.

However, if a Soldier decides not to take the medical option at Army expense, the Soldier may be discharged from service.

The U.S. Coast Guard has a limitation on the size of a tattoo in percentages of a given area that will not exceed 25 percent of the space between wrist and elbow, knee and ankle, but it does not allow tattoos on the hands or neck.

The Army's new policy, however, does not mean Soldiers should rush out and have the backs of their necks or their hands entirely covered in decorative art, Minitrez said.

"The Army does not have a percentage policy for tattoos," Minitrez said.

"As long as tattoos do not distract from good military order and discipline and are not extremist, racist, sexist or indecent, they're permitted," he further explained.

If a Soldier's current command has no issue with his/her tattoos, the Soldier should have his personnel files so notated officials said.

Though not mandatory, the notation serves as back-up documentation at a follow-on command which might feel the tattoos don't meet regulations.

Tattoos cause medical concerns

**Capt. Heidi Whitescarver, Community Health Nursing
Wuerzburg Medical Department Activity, Germany**

Are you sure you want to get a tattoo?

They seem to be all the rage. Men and women alike are getting tattoos in record numbers. So are teenagers. So what's the harm?

Infection is a serious complication associated with tattooing. When you get a tattoo, in essence you allow someone to create an open wound on your body and inject it with ink.

Since the process draws blood to the surface of the skin, you are at risk of acquiring an infectious disease. The use of non-sterile equipment and needles can transmit infectious hepatitis. Once you have hepatitis, you may have it for the rest of your life.

We commonly have staphylococcal bacteria or "staph" on our skin. Through the process of tattooing, the skin is broken, making an entry path into the tissue for bacteria to grow and cause infection.

Treatment is not always as simple as going to the clinic and getting a prescription for antibiotics. Some infections with staph bacteria are resistant to powerful antibiotics. One of these is Methicillin Resistant Staphylococcus Aureus, or MRSA. If you become infected with these bacteria, treatment may include a hospital stay for intravenous antibiotic therapy.

Infectious abscesses may also form. These cases require surgical drainage of accumulated pus.

Other tattoo problems include allergic reactions from the pigments used in the ink. In the United States, none of the color additives approved for use in cosmetics are approved for injection into the skin.

So there is no such thing as "hypo allergenic" tattoo ink. You just take the risk that you won't have an allergic reaction.

Keloid formation is another potential risk of tattooing. Keloids are raised, firm, excessive scars that form following an incision, wound or injury.

According to the Food and Drug Administration, the No. 1 problem with tattooing is dissatisfaction.

Skin stretches and sags over time from loss of elasticity, causing tattoos to lose their appeal.

Also the artwork people decide to wear permanently when they're 21 may not be to their taste when they're 41.

Removing a tattoo may be expensive and may leave a scar.

If after considering all of the risks, you still decide to get a tattoo, there are some things you should do.

- Make sure the tattoo artist uses sterile equipment.

Showing you the needle in a metal dish that looks like it came from a hospital is not enough.

- You should see the needle being removed from the sterile plastic packaging.

- The artist needs to wear disposable exam gloves, just like the ones used by medical professionals.

- Also, the artist should use a sterile disposable ink well.

- You should also see this removed from sterile packaging. Since the needle is piercing your skin and drawing blood, the blood will mix with the ink.

If the ink well has been used for another customer, you risk being infected with whatever germs the last person had.

It is your right to ask about the artist's procedures. If they are hesitant to discuss this, go somewhere else.

Once you're at home, you need to treat your tattoo like a wound.

- You may initially need to keep it covered with sterile gauze if it is oozing blood or serum.

- Keep the wound clean by washing gently with soap and warm water.

- You may apply a thin layer of antibiotic cream, provided you are not allergic to these.

Cautions

- If you feel that your new tattoo is infected...
- If there is a rise in pain and redness or swelling at the site...
- If pus drainage (thick, smelly liquid that appears after the first day)...
- If or a fever above 99.9 degrees Fahrenheit...

SEEK MEDICAL TREATMENT

Jewelry wear regulated

AR 670-1 — Army Body Piercing Policy

"No attaching, affixing, or displaying objects, articles, jewelry or ornamentation to or through the skin while in uniform, in civilian clothes, while on duty, or in civilian clothes off duty on any military installation or other places under Army control. This change supersedes the current male earring policy. This message does not change the current policy regarding female wear of earrings. Female soldiers are authorized to wear earrings on Army installations while on duty in civilian attire and may also wear approved earrings while in uniform."



Government travel — flexible, cost effective service

Judith Esquillin
Logistics Dept.

If you've wondered why the Commercial Travel Office books you to fly on certain airlines through certain cities when it doesn't seem like the most convenient route, there is a good reason. It saves money.

Each year, the General Services Administration asks the airlines to bid for the contracts that provide discounts for official government travel.

These contracts, which save the government millions of dollars annually, are awarded to carriers that offer the best combination of service and low, unrestricted fares between locations commonly referred to as city-pairs.

Government discounts on these contracts average 58 percent off the lowest unrestricted coach fares.

In some cases, the city-pair fares may not be as low as the "deep discounted" fares offered by airlines.

However, city-pair fares allow the most flexibility and carry no cancellation penalties.

When traveling on official business, most government travelers are required to use the GSA contract carriers.

As a government contractor, the Commercial Travel Office



File Photo

The Fort Buchanan travel section arranges official travel requests year round to any destination.

complies with the regulations outlined in the Federal Travel Directory.

When you bring your orders to the Commercial Travel

Office, agents are required, by federal contract, to book you on the GSA contract-awarded carriers for the cities through which you are traveling.

Exceptions to contract carriers are made only by government travel management officials if travel conditions outlined in the Federal Travel Directory cannot be met.

For example, travel on non-contract carriers may be permitted if scheduled flights on contract carriers are not available in time to accomplish the purpose of travel, or if the use of contract carrier would require the traveler to incur unnecessary lodging expenses.

If a contract carrier does not meet your mission requirement, the Commercial Travel Office can reserve space for you on a non-contract carrier, but the exception must be approved by a travel management official who can amend your orders accordingly.

The contract-air/city-pair program has been a significant cost-cutting program for the Department of Defense, which is responsible for almost 80 percent of federal government travel. When you travel on a contract carrier on a city-pair fare, you are helping your government save money.

For more information on this subject, contact Transportation Division, Travel Section at 787-707-3731/3544.

Army eLearning provides educational highway for rapid advancement

Meggan Kring
Army DLS Public Affairs

NEWPORT NEWS, Va. — The Army Distributed Learning System, part of the Army's Program Executive Office Enterprise Information Systems, announced today that it has been included among the Top 50 programs announced today by the Innovations in American Government Awards — considered the "Oscars" of government — and is eligible to win one of seven grants.

Army e-Learning, a component of DLS, earned the honor based on the outstanding professional and personal Web-based training it provides to 1.4 million Soldiers and Army civilians worldwide.

The online curriculum includes 2,600 courses in Information Technology, foreign languages, business, leadership and professional development, and is available anytime, anywhere, and at no cost.

"This is an amazing accomplishment for our program," said Lt. Col. Robert A. Bean, product manager, Distributed Learning System. "DLS took ownership of Army e-Learning in mid-2005, and since that time we have more than doubled our enrollment."

The product offered to users, and the cost savings for the Army, is something to be noticed."

Now in its 19th year, the Innovations in American Government Awards are a program of the Ash Institute for Democratic Governance and Innova-

tion at Harvard University's Kennedy School of Government.

The Innovations Awards are administered in partnership with the Council for Excellence in Government.

The Top 50 programs exemplify the most innovative, creative, and results-oriented efforts in government today that are making a real and significant difference in the lives of countless Americans.

The selection committee chose the Top 50 programs, representing governments at the federal, tribal, state, county and city levels, for their novelty and creativity, effectiveness at addressing significant issues and problems, and the ability to be replicated by other jurisdictions.

The programs represent governments' best efforts in the areas of education and training, criminal justice and public safety, economic and community development, housing, health and social services, management, transportation, public works, and environment.

Eighteen finalists, chosen from among the 50, will be announced on May 4 during Public Service Recognition Week.

The National Selection Committee on Innovation in American Government will then select five winners in addition to two special awards.

These seven recipients of \$100,000 awards will be announced on July 10 at a ceremony in Washington, DC.

About the Army Distributed Learning System

The Army Distributed Learning System is a worldwide distributed learning system responsible for fielding multiple training systems simultaneously.

The success of each program directly impacts the Army's ability to meet its training mission.



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- **Continuous Learning Points for civilian acquisition employees.**

So what are you waiting for? Visit Web site www.army.mil and select "my education." For more information,



File Photo

Soldiers take advantage of the Army's on-line e-Learning courses. Army civilian employees can also take courses.

Local recruiting staff demonstrates 'Hooah' community volunteer spirit

Marc McCormick
El Morro

Col. J. Mark Atkins, commander, Eastern Sector, United States Military Entrance Processing Command, recently visited the San Juan MEPS Center to inspect the facility and to recognize the outstanding accomplishments of the personnel working there.

"There have been many new additions to the staff here and I can see you are ready for the challenges to come," Atkins said. "In addition to the great work you are doing, you have also been doing outstanding volunteer work in the community," he said.

Atkins presided over a ceremony that recognized several of the employees at the station.

Commenting on the first citation he awarded, Atkins said, "I started out coaching kids in high school and it's a rewarding experience." He then awarded a citation to Electricians Mate Second Class Wardell Carter.

Carter was recognized for devoting 600 hours of his time planning and coordinating family events and over 730 hours planning and coordinating ethnic observances. Additionally, Carter volunteered over 200 hours coaching children football and basketball teams. He also helped saved the unit over \$7,000 in renovation costs.

The next award of the military outstanding volunteer service medal was to Senior Master Sergeant Jose I. Padilla for his "immeasurable contributions, commitment and selfless service to the civilian and military members of the San Juan Military Entrance processing Station.

SMSGT. Padilla volunteered over 250 hours serving as Cub Master for Cub Scout

Pack 95. The citation reads – "(for) providing ethical, intellectual and spiritual guidance for 45 boys between the ages of five and eleven."

Atkins asked Padilla which merit badge they worked to obtain and Padilla said citizenship.

Atkins pointed out, "One of the things in dealing with the challenges of working with kids is becoming involved with them; learning where they live. And, dealing with the challenges and teaching them that education is important."

Padilla said, "I worked on the citizenship badge so they would understand their country."

"We are all of voting age and when we get the chance to vote we should exercise that right," Atkins said.

Following the awarding of the citations, Atkins took time to recognize other MEPS employees. He cited and presented a coin to —

- Waleska Soto for her exceptional customer service.

- Dr. Andris Morell for 9 years of zero C case returns (disqualifications for medical reasons).

- Carlos Gonzalez who dramatically improved the MEPS fire safety program.
- Emerito Gonzalez for his in-depth knowledge and flawless execution of the travel program.

- Carmen Bracey for her management of the testing coordination office.

Following the ceremony, Sgt. Maj. William P. Lindo addressed the attendees saying, "I see some of the nicest folks here supporting each other and supporting the recruiting service."

Lindo addressed the issue of the young men and women who are entering the service. "We have got some tough times ahead



Photos by Vicente Velez

Col. J. Mark Atkins presented citations for the Military Outstanding Volunteer Service medal to EM2 Wardell L. Carter and SMSGT. Jose I. Padilla for their efforts in improving the community and the MEPS workplace.

and this is where you will find those "diamonds in the rough," he said. Then, he told them the story of WWI Medal of Honor recipient Sgt. Alvin York.

York was an east Tennessee farm boy who was known as a local rowdy during his time. Eventually, he got religion and joined the Church of Christ.

When York's draft notice arrived, he didn't want to go and at the urging of his minister, he filed a conscientious objector

petition. The petition was denied.

York went to war, and, as Lindo pointed out, "It was his company commander who mentored him and York went on to achieve our country's highest award. That's what I mean by finding a diamond in the rough."

This was the first visit in a year for Col. Atkins and Sgt. Maj. Lindo and both were impressed by the quality of service the station provides and gave all the employees of the station a HOOAH!



Col. J. Mark Atkins wears a Puerto Rican baseball team hat in support of the team which played in the World Baseball Classic. Behind him, stands "team" San Juan MEPS. Atkins presented citations and coins in recognition of their volunteer and office work.



Members of the San Juan MEPS gather around their Eastern Sector commanding officer, Col. J. Mark Atkins, following an awards ceremony at the San Juan facility.



Vicente Velez

More than 13,000 runners from thirty countries and Puerto Rico await the starting signal to begin the World's Best 10K run held in San Juan each year.

Runners set records at 7th Annual 10K run in San Juan

Melissa Zayas
El Morro Staff

Starting from Puente Teodoro Moscoso Bridge near Luis Muñoz Marín International Airport Feb. 26, a group of eight civilians from the Ft. Buchanan Fitness Center and a group of 147 Soldiers from the Puerto Rican National Guard along with Puerto Rican runners and competitors from around the world in one of the biggest races held in Puerto Rico — the seventh annual “World’s Best 10K Race.”

13,618 runners registered this year coming from 30 states, as well as different municipalities in Puerto Rico and more than ten countries including Kenya, Australia and Canada. It was a day full of emotions and community spirit.

The race was televised by all the media in Puerto Rico, and “Televiscentro and Wapa América” broadcast the event in the United States. ESPN Sports was also present at this fantastic 6.2 mile run.

Top flight individual male and female competitors from other countries and Puerto Rico made an elite group of runners. Depending on the category, runners won prizes of \$20,000 for first place, \$12,000 for second place, \$8,000 for third and \$6,000 for fourth place. Competitors placing in the top ten all received monetary prizes. Team competition prizes were different.

The winning team received \$2,000. Additionally, the first three kids reaching the finish line received gift certificates from Foot Locker.

All runners had to wear a chronometer called Champion Chips on their sneakers. The device marked their time of departure and arrival.

Wheelchair participants competed in the morning, and children also had their own mini-race.

At 5:30 p.m., the long-awaited race began. It started with the elite runners; the men and women rated as the fastest. “This is where the best of the best compete,” a race official said. It was a captivating moment, especially with background music that made each runner feel like a hero. Runners and spectators anxiously waited for the signal to start the race. The spectators, made a lot of noise, providing motivation for the runners.

Also, at this year’s event, a 2006 Mazda was raffled off and there were different activities throughout the day for people attending the event.

Adding to the festive spirit of the race, some runners dressed creatively. One man ran in a white tuxedo and another was in a Spiderman costume. Families and organizations identified themselves with different colors and logos.

Israel Rosado, a Soldier and Puerto Rican currently stationed at Fort Stewart, Georgia, ran the 10K in his military uniform wearing his combat back-pack. It was the

first time that Rosado ran in an event as big as this one.

“What I like about this race is the unity with my family from Puerto Rico,” Rosado said.

Victor Lopez started the race. This year the 10K was dedicated to Lopez. In his sixties, Lopez is considered an outstanding runner in Puerto Rico. “I feel proud as a Puerto Rican; from here to the world,” said Fernando Vargas, executive Director of Highways.

Throughout the day more than 300 Girl and Boy Scouts from municipalities around the island, helped with water (hydration) and first aid. For the sixth consecutive year, Carlos Rivera coordinated the entire oasis at the “Puente Teodoro Moscoso.”

Lornah Kiplagat from Kenya, first place in the women’s category, clocking in with a time of 30:49:35 seconds. This was the fifth best finish in race history and her second best time for this race.

The winner of the men’s race was Wilson Kiprotich, also from Kenya. He crossed the finish line in 27:43:85 seconds; a better time than he ran last year.

The first Puerto Rican man crossing the finish line was César Lam from Aibonito, who finished in 30:08:20 seconds. Lam is ranked number 16 in the 10k among international runners. The first place Puerto Rican woman was Zenaida Maldonado from Utuado; she finished with a time of 37:02:65.

See 10K Page 18

Buchanan to host base wide sports & recreation organizational day

El Morro Staff

Ft. Buchanan will conduct a one day Sports and Recreation Day 7 a.m. to 4 p.m., Apr. 21 at various recreational facilities on post.

Military and civilian personnel will be able to participate in sports events and individual games.

There will be entertainment all day in

addition to —

- 5 km Run - 7 a.m. .
- Golf Tournament - 9 a.m. at the Golf Course.
- Softball - 9 a.m.
- Basketball - 9 a.m. at the Fitness Center.
- Bowling - 9:30 a.m.
- Horse Shoe Game - 10 a.m. at the Cabaña area.

- Grass Volleyball - 9:30 at the Cabaña area.
- Ring the Bell - 1 p.m. at the Cabaña area.
- Domino Game - 1 p.m. at the Cabaña area.
- Tug ‘o’ War - 2 p.m. at the Cabaña area.
- Dunking Booth - 2 p.m. at the Cabaña Area.

There will be medals for 1st and 2nd place team event.

Food will be served 11:30 a.m. to 2 p.m. items which will include — hamburgers, hot dogs, BBQ chicken, BBQ ribs, roasted pig, green salad, macaroni salad, baked beans, corn-on-the-cob, cole slaw, rice and sodas, kool aid, water, beer (sold).

From retail to restaurants — AAFES serves worldwide

Lt. LaShonda D. Bush
AAFES Public Affairs

DALLAS, Texas — Since the first formal exchanges were established in 1895, an exchange system has served side-by-side with troops in tents and trucks, in the field and in permanent facilities, on posts and bases around the world.

While the mission remains virtually the same as it was nearly 111 years ago, the scope of Army & Air Force Exchange Service operations has never been more extensive or necessary as it is today.

Currently, there are more than 450 volunteer AAFES associates deployed in support of America's military. To date, 1,601 AAFES associates have deployed to dangerous places around the world since September 2001. These associates, and the rapidly deployed facilities they operate, often provide the only source of comfort items and necessities in combat locations. AAFES' presence in Iraq is a case in point: the first exchange opened in Tallil in early April 2004, before Baghdad fell.

Today, servicemembers rely on 56 direct operating exchanges scattered throughout Operations Enduring and Iraqi Freedom for day-to-day health and comfort items, such as soap, shampoo and toothpaste. These large retail operations, in addition to 39 smaller military-operated activities called Imprest Funds, are the primary providers of snacks, beverages and entertain-

ment items for deployed troops.

In addition to delivering traditional retail products to the contingency theater, AAFES operates 68 call centers with 1,742 phones that provide calls to the United States for as little as 19 cents a minute. With an average usage of more than 14 million minutes each month, these facilities are critical to maintaining the link to family and friends back home.

Providing familiar tastes and aromas, the presence of name brand fast food continues to grow. In fact, AAFES currently operates more than 150 fast food outlets down range including 28 Subways, 16 Burger Kings, 12 Pizza Huts, five Taco Bells and more than 40 various coffee shops.

AAFES also provides a variety of services to deployed troops including barber, beauty, photo and gift shops, as well as alterations and even relaxing day spas. While AAFES is able to provide access to local wares and souvenirs including artwork, jewelry and rugs, the merchandise assortment in deployed environments typically includes basic health and hygiene items and snacks.

"Over a period of time, the assortment expands to other items needed and requested by troops," said AAFES' Chief of Contingency Plans Lt. Col. Steven Dean. "AAFES now sells electronics, magazines, DVDs and even small appliances. Many servicemembers purchase DVD players, second-generation video game con-



File Photo

AAFES uses innovative ways to bring goods and services to military personnel regardless of where in the world they are stationed.

soles and laptop computers at exchanges throughout Iraq and Afghanistan. We are continually adjusting the stock assortment to meet the unique needs of troops serving far from home."

Since its establishment in 1895, AAFES has been involved in 14 major contingencies (to include the Spanish-American War, WWI, WWII, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom, and several dozen humanitarian and disaster relief efforts.

Nowadays, AAFES operates worldwide

in more than 30 countries, five U.S. territories and 49 states (not Rhode Island).

"AAFES motto, 'We Go Where You Go,' best summarizes its commitment to America's modern fighting force," said Lt. Col. Dean. "AAFES provides exceptional support to troops serving in deployed areas. The scope and intensity of the operations are clear signs that wherever our troops serve, AAFES is dedicated to providing them competitively low prices on the services and merchandise they need and want in order to enhance their quality of life," he explained.

AAFES customers keep in touch

Jennifer Johnsen
AAFES Public Affairs

DALLAS, Texas — It used to be that the only way an organization could communicate with those it served was by word of mouth or other broad messages delivered en-mass. Today, the Army & Air Force Exchange Service is using e-mail technology to tailor how it reaches out to troops and their families by offering subscribers the chance to opt-in to a new service that delivers targeted, local messages.

AAFES' "Buddy List" effort began as a way for local exchange facilities to provide store specific information directly to authorized shoppers' in-boxes. E-mail topics range from upcoming celebrity appearances to special sales exclusive to "Buddy List" members.

"This has been a great way to keep service members and their families connected to the exchange," said Senior Vice President Eastern Region Julie Zills. "Instead of a general, national promotion we can now let customers know what's going on at their local exchange just by sending out a quick e-mail."

"This is something we are trying to initiate at exchanges around the world," AAFES Commander Maj. Gen. Bill Essex said.

Customers can find out more about AAFES' "Buddy List" program from their exchange's general or main store managers.

Local contact information is available under the "Store Locator" link at Web site www.aafes.com.

New CAC procedures begin in May

The Army has mandated a new log-on procedure using your CAC card. You need to verify that you have the three mandated digital certificates that are on your personal CAC card. The procedure to do that is listed below.

The DOIM will implement the new log-on procedures by May 2006 and you have to verify that your CAC card works properly, if not you will not be able to log-on into our network.

To verify if your CAC Card has
3 Digital Certificates.

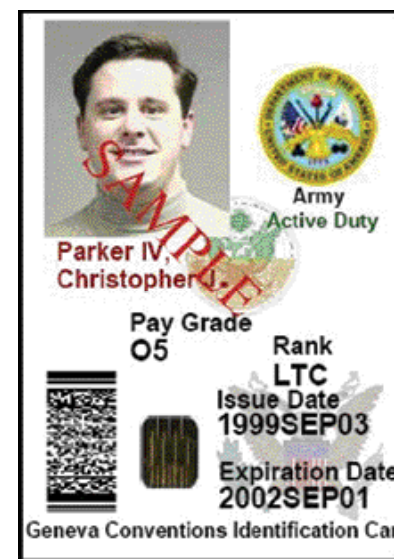
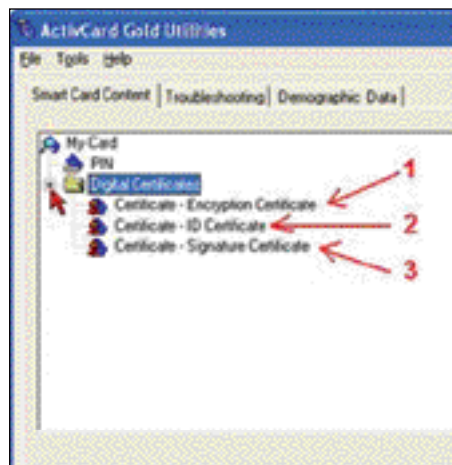
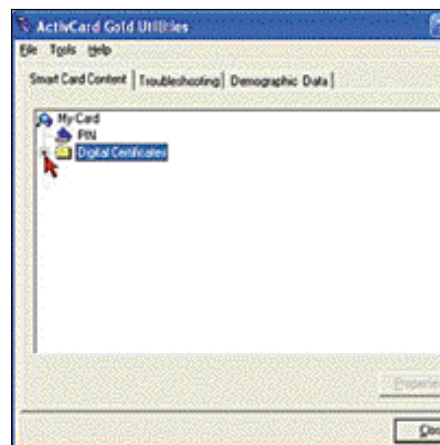
Step 1

Insert your CAC into the smart-card reader. Double-click the CAC icon in the system tray (located on the taskbar at the bottom right of your screen).



Step 2

Expand the Digital Certificates folder (left) and verify there are 3 certificates (right) as follows:



If one of the certificates is not in the list (pictured on the left), you will need to coordinate with the ID Card Section by calling 707-3511, 7 - 9 a.m., to update your CAC Card.

Conferencing at the speed of light

Ft. Buchanan DOIM

What is VTC Anyway?

VTC stands for video teleconferencing. All across the Department of Defense and federal agencies, you'll find videoconferencing facilities in use, allowing DOD staff, managers and employees to communicate with each other while staying close to their duty station. These facilities have been used to conduct meetings, briefings, job interviews, classes, and morale calls.

Videoconferencing makes it possible for people at different locations to participate in the same conference, at the same time, through the "magic" of two-way audio and two-way compressed video system. Because of special cameras, viewing monitors, and microphones at each location, you will be able to interact with others at distant sites as easily as you can with those located at your own site. This technology allows

DOD and Federal Agencies to meet the operational, educational and professional needs of the command as well as of their personnel around the world.

The Fort Buchanan VTC System provides secure multi-point videoconferencing capability to the Fort Buchanan staff, tenant units and Federal Agencies in support of command, control of deployed forces and general common-user videoconferencing requirements.

The system provides unclassified and secure (U.S. SECRET) services only. VTC enables you to participate in meetings without having to travel. VTC enables meetings that otherwise might not happen.

It allows face-to-face interface meetings as conveniently and spontaneously as you can talk by phone.

We have several conference rooms on post that can support your operational and education-

al meetings up to the SECRET level. For first time users, we've included additional information, which will provide with an overview of how it works, who needs to be contacted, and what to expect.

You've been tasked to attend a VTC... As a minimum, we need to know —

- Subject of the conference.
- Classification of the conference
- Date(s) and time(s) of the conference
- The caller's name, phone number, email address (if available)
- The caller's VTC facility coordinator

You will need to determine who locally needs to attend the VTC.

If the conference is classified, it is the coordinator's responsibility to make sure that all attendees have the proper security clearance.



Following is a list of Fort Buchanan's conference rooms and respective points of contact for conference room scheduling. Each is controlled by the respective organization. This means that you will need to schedule the conference room with the respective POC.

- **Gen. James A. Buchanan Conference Room**, Bldg. 390 —
Jacqueline Ferrer @ (787) 707-5776.
- **DOIM Conference Room**, Bldg. 390 —
Jahaira Rodriguez @ (787) 707-3347.
- **DPTMS Conference Room**, Bldg. 390 —
Joann Morales @ (787) 707-3363.
- **DOIM Training Room**, Bldg. 390 —
Jahaira Rodriguez @ (787) 707-3347.
- **IOC Conference Room**, Bldg. 193 —
Miguel Aponte @ (787) 707-3395.
- **65th RRC Conference Room**, Bldg. 355 —
Elizabeth Rosa @ (787) 707-4928.
- **ACS Conference Room**, Bldg. 1019 —
Evelyn Hernandez or Ernesto Berrios @ 3804/3290

Buchanan Human Resources examines volunteer, 401k program

Fabiana Nevado
Human Resources

The United States Army Garrison at Fort Buchanan is proud to announce its Garrison Internship Opportunity Program.

This program allows participating students from local universities the opportunity to work on the installation as part school graduation requirements performing meaningful career duties related to their field of study.

While performing their internship, GIOP students, as team members with Buchanan Soldiers and civilian workers, will contribute to the overall mission of the garrison.

Buchanan is committed to ensuring the overall experiences of these students is beneficial to their professional development and the exposure to the federal government work environment is also meaningful.

We know that managers and employees will support this program and provide encouragement to the students to become a vital part of the Fort Buchanan community.

All students majoring in business and enrolled in internship/seminar courses are encouraged to apply through the Career Counselor at their university. Universities and students interested in becoming part of this effort should sign an agreement with the garrison.

For additional information, call the Civilian Personnel Advisory Center at 787-707-3925.

Non Appropriated Fund 401K Plan

Part of your retirement plan as a regular NAF employee is the 401(k) savings plan. Here are some things that you need to know about the 401k plan.



What is a 401(k)?

A 401(k) is a type of retirement plan that allows employees to save and invest for their own retirement. Through a 401(k), you can authorize your employer to deduct a cer-

tain amount of money from your paycheck before taxes are calculated, and to invest it in the 401(k) plan. Your money is invested in investment options that you choose from the ones offered through your company's plan. The federal government established the 401(k) in 1981 with special tax advantages, to encourage people to prepare for retirement. They get their catchy name from the section of the Internal Revenue Code which

established them (you guessed it, section 401(k)).

How does a 401(k) plan work?

You decide how much money you want deducted from your paycheck and invested during each pay period, up to the legal maximum (the IRS sets an annual dollar limit each year). You also decide how to invest that money, choosing from your plan's different investment options. The money you contribute to your 401(k) account is deducted from your pay before income taxes are taken out. This means that by contributing to a 401(k), you can actually lower the amount you pay each pay period in current taxes.

For example, if you earn \$1,000 each paycheck, and you contribute, say 5% (\$50), you are only taxed on \$950. You don't owe income taxes on the money until you withdraw it from the plan, when you could be in a lower tax bracket.

For any questions or more information about the 401(k) please call the NAF Human Resources Office at 787-707-3943/3775.

Transportation, Quartermasters train in snowy weather

Staff Sgt. John Gonzalez
65th RRC Public Affairs

CAMP ATTERBURY, In. — "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds may be the motto for U.S. Postal Service couriers, but it certainly fits the brave men and women from the 432nd Transportation Company and the 393rd Quartermasters Battalion who recently completed mobilization training at Camp Atterbury, Indiana.

While undergoing tough and realistic training in America's heartland was no easy task, these determined Soldiers

chalked it all up to a days' work and in true Army fashion.

Brig. Gen. Jose Rosado, commanding general, 65th Regional Readiness Command, and Command Sgt. Maj. Luis A. Hermina, 65th RRC command sergeant major, visited the two units prior to their deployment in support of Operation Iraqi Freedom III.

"They are really doing well and the training is state-of-the-art with 'lesson's learned' being implemented almost weekly by instructors who have come back from the theater," Rosado said.

One of the things that really impressed the general was the weapons immersion training being conducted not only at

Camp Atterbury, but Army wide as well.

From the moment the units arrive at the mobilization station, they are taught to work, train, live, and eat as if they were at a forward operation base in theater.

The Indiana Army National Guard operates the base and helps support the mobilization mission for the First U.S. Army, along with help from the 88th Regional Readiness Command.

"I am very satisfied with what I have seen here, our Soldiers are getting the very best training and equipment and they are ready for whatever they may face in the theater," Rosado said.



Army Photo

Brig. Gen Jose M. Rosado (right) greets several Soldiers with the 432nd Transportation Company after they return from convoy training.

PHOTO OPS

Around the Fleet

Sailor of the Month

This month YNC(SW) Martín Calderón, Command Chief, Navy Reserve Center, Puerto Rico is recognized for his outstanding work.

Presently, he is serving at the Navy Reserve Center Puerto Rico for a year and a half as the Command Chief.

YNC(SW) Calderón is the senior enlisted leader of four hundred and ten active and reserve Sailors in Puerto Rico.

In addition to his job as the Command Chief, YNC(SW) Calderón is also Command Fitness Leader, Force Protection Officer in Anti-terrorism, the liaison between the commanding officer and all Navy Reserve units in Puerto Rico.

YNC(SW) Calderón has a saying that best describes



Photos by Luis Mojica

his success and accomplishments in the Navy — “The sky is the limit.”

He encourages all Reservists to learn everything there is to know about the Navy and whatever you believe in you can accomplish.



(Left to right) Cdr. (Select) Luis Acevedo, officer in charge, Naval Reserve Naval Hospital Detachment K and corpsman HM1 Eileen Acevedo, NRC Puerto Rico during the HM1 Acevedo's retirement ceremony celebrated March 5 at Fort Buchanan.

Around Buchanan



Courtesy Photos

(Left to right) Lt. Cols. Jeffrey Garrison, Fernando Fernandez, Eric Bermudez and Hector Lopez were recently promoted to the rank of colonel.

The eagles have landed...

On March 11, four lieutenant colonels became the newest breed of colonels for the 65th Regional Readiness Command.

In an emotional ceremony, filled with guests from all services, at the Fort Buchanan Community Club, Commanding General, 65th RRC, Brig. Gen. Jose M. Rosado, escorted by retired Maj. Gen. Felix A. Santoni, civilian aide to the SECARMY (CASA), promoted to colonel — Lt. Cols. Eric Bermudez, Fernando Fernandez and Hector Lopez.

Weeks prior, Brig. Gen. Rosado promoted to the same rank Col. Jeffrey Garrison, who was also present at this ceremony, and hosted the subsequent celebration. Col. Bermudez is currently the G-8 for the 65th RRC; Col. Fernandez became the G-1, Col. Garrison is the Director of Engineer and Public Works. Col. Lopez, who was also awarded the Distinguished Order of Saint Martin, is now the G-6 for the 65th RRC.

The Distinguished Order of Saint Martin Medal is awarded to Soldiers who have performed conspicuous, long-term service for, or on behalf of, the United States Army Quartermaster Corps. The distinguished order is reserved for an elite few whose careers have embodied the spirit, dignity, and sense of sacrifice and commitment epitomized by Saint Martin. Col. Lopez, in his civilian capacity, is the Director of Plans Training Mobilization and Security of Fort Buchanan.



Col. Hector Lopez, with his wife Lourdes Gonzalez, was recently promoted and awarded the Distinguished Order of Saint Martin Medal for long-term service for, or on behalf of, the United States Army Quartermaster Corps. Lourdes Gonzalez is the Air National Guard Family Readiness Manager.

The human face of Iraq

El Morro
April 2006

11



Photos by Spc. L.C. Campbell, 138 MPAD

An Iraqi medic checks over a child in Mosul at a medical screening location.



A U.S. Army medic checks the ear of a local child during a medical screening.



An Army medic checks the tonsils of a child.

(Right) A U.S. Army medic checks the breathing ability of a young child. For a lot of these children, this was the first medical care they had ever received. Most of Iraq's provinces have spent several generations without adequate medical treatment and facilities. American forces have been their first contact with adequate care resulting in thousands of saved lives. Part of the Coalition Forces rebuilding efforts are directed toward creating or improving existing medical infrastructures.



A happy child leaves a medical screening station in Mosul.

ICE answers for customers

Nilda Lopez
Plans, Analysis & Integration

The Interactive Customer Evaluation system is available for customers to provide the installation with valuable feedback about our services which then becomes a tool to improve our services. Please take the time to log on and give us your comments, concerns, recommendations, or complaints.

The installation management takes these comments seriously and because we do, below are just a few examples that we want to share with our customers.

ID Card checks

Ques. — How come almost every morning between 6:30-7:00 a.m. there is only one guard checking ID cards at the front gate and another in the gate booth, even when there is a long line of cars? Isn't it a waste to have one guard in the booth when cars are lined up to get through the gate?

Ans. — Directorate of Emergency Services responds: There will be occasions where only one officer will be checking ID's because the other officer is answering an official phone call from the police station (There is a direct line from the police station that they have to answer when it rings.) or one of the officers is using the facilities. Having two officers standing outside checking ID's for a 12 hour shift will only happen if we have three officers at the gates and right now we do not have the manpower.

Looking for benefits

Comment — My son is incapacitated and I have been searching the Internet and calling different agencies in order to get assistance on how to apply for benefits for him. After several days of being sent to different agencies with no luck, finally, I was given the ID card section office phone numbers for assistance. Mr. Santana gave me some very helpful information and referred me to Mr. Daniel Figueroa, even though we are Navy dependents. He looked up the information and after a few phone calls put us on the right path to apply for my son's benefits. Mr. Santana and especially Mr. Figueroa are very dedicated and caring employees. Thanks to both of them I might be getting some help for my son.

Food prices

Comment — The reason I'm writing you is because I went to the pool the other day with food for my kids. I was told that



since March 1 outside food is not allowed in that area, but you guys didn't offer any (food) at that time either. Later on, I was given a menu of items that are going to be offered in the future, but the prices are way too high. If you want this cafeteria to work, you need to lower your prices because as a member of the Water Spout, I would rather bring the food, leave it in the car and whenever we are hungry we just go to the car... so its up to you guys to continue with the good service, thanks!

Response — The food sales at the Aquatics Center is a Business Operation Division program. The Community Club & Conference Center has the authority to change the fee structure of their products. Food sales at the Water Spout are a business program and yes, we can adjust our pricing structure within reason. We are mandated by our headquarters to maintain a certain cost-of-goods sold in order to cover expenses and we can not exceed that cost-of-goods percentage. You can certainly leave food in your vehicle but please take care to store it properly to prevent food poisoning.

Club events

Comment — I would like to say the hosting of Pay Per View events at the Community Club is great. I was just wondering if you plan to offer other PPV events like Ultimate Fighting Championships and WWE events. I look forward to the next fight. Also, maybe chicken wings can be put on the menu for these events; nothing is better than a beer and wings. Hooah!

Response — Thank you for the feedback on our programs and services. We are very excited about offering pay for viewing programs at the Community Club & Conference Center. We are pleased with the positive response that we have been receiving from our customers.

As you have already seen, boxing is our current focus but as the seasons change, we will be offering additional programming to include WWF. You asked for it and now you have it! We will add chicken wings to menu. Enjoy and hope to see you at the next event!!

The ICE Web site is www.ice.disa.mil or log onto the Fort Buchanan Web site at www.buchanan.army.mil and then click on the ICE icon.

If you'd like management to respond directly to you, please include either your name, an e-mail address or a phone number.

Assault

April is national Sexual Assault Awareness Month.

Leaders must fully implement and enforce the Army's SAPR program contained in Chapter 8, AO 600-20 and create a climate that minimizes sexual assault and en-

From Page 2

courage reporting. Soldiers must continue to live by the Army Values and treat each other with dignity and respect.

By doing so, we will take great strides toward eliminating sexual assault in our Army.

Frances J. Harvey
Secretary of the Army

Peter J. Schoomaker
General, United States Army
Chief of Staff

Kenneth O. Preston
Sergeant Major of the Army



Courtesy Photo

Brig. Gen. Jose M. Rosado receives a Puerto Rican Senate recognition from Senate President Kenneth McClintock.

Rosado recognized for service

Staff Sgt. John Gonzalez
65th RRC Public Affairs

A Senate recognition ceremony took place March 24 at the Puerto Rico Capital Building in Old San Juan to honor Brig. Gen. José M. Rosado, commanding general, 65th Regional Readiness Command.

Hosted by the Hon. Kenneth McClintock, president of the Puerto Rico Senate, the legislative body recognized the leadership and dedication of Brig. Gen. José M. Rosado to the Army Reserve, it's Soldiers and their families, and the full-time personnel that make it possible for the 65th RRC to be among the top states in the nation to train, equip and deploy Soldiers in support of the Global War on Terrorism.

In the opening speech, Felix Santoni, civilian to the Secretary of the Army (CASA) outlined Rosado's distinguished military career and emphasized the important and difficult role he played during these past four years. "His job was not easy, tough decisions had to be made; Soldiers had to be prepared for war," Santoni said.

Senator McClintock made it known, as he read the proclamation, that Rosado was a strong leader that knew what needed to be done and did it. He provided well trained and equipped Puerto Rican Soldiers in defense of our Nation's war efforts, more than most other states. "His loyalty to the Army and his dedication to the welfare of his Soldiers' families eased the mine of those that deployed to foreign lands to fight for freedom," emphasized McClintock. "Brig. Gen. Rosado has without a doubt shown what this little island is capable of achieving."

Rosado thanked the Senate for their recognition and thanked the Soldiers of his command.

"The success I've had during my career, I owe to the men and women I had the privilege to work with. Each and everyone is worthy of admiration for their dedication, sacrifices, and above all their commitment. A commitment, that placed their lives in danger, to defend the principles of our Constitution — the right and privilege to live in freedom," stated Rosado.

Job Fair

sistant secretary for operations and management, received an up-close perspective of the fort's and island's employment needs.

"I am pleased to be here from Washington," McWilliams said, "for the (Buchanan's) very first job fair. Congress has established a separate agency to assist veterans and I see a complete change in the way the country sees veterans." The agency, Veterans' Employment and Training Service, has been given the mandate to assist veterans in making the transition from military to civilian life in cooperation with other governmental efforts.

Also attending the event was Angel L. Mojica, director, Veterans Employment and Training Service, U.S. Department of Labor, Puerto Rico. Mojica emphasized the Uniformed Services Employment and Reemployment Rights Act of 1994. "It is

From Page 1

very important that veterans and employers understand what the veterans' rights are; what they are entitled to," he said.

USERRA strengthens reemployment rights for veterans by making improvements to enforcement methods.

The job fair was an opportunity for medical hold personnel and active duty personnel to make contacts with potential employers before they leave or are separated from the service.

As VETS is fond of saying, it just makes sense to hire veterans. They have the training, work ethic and skills to immediately add value to your business.

Hiring a vet is about bottom-line productivity, professionalism and profitability. And, as the potential employers represented at the fair discovered, the people inquiring about their programs fit the VETS definition perfectly.

Local Fort Buchanan DES officer protects, serves

Marc McCormick
El Morro

Juan Garcia was not always a Department of the Army police officer. As a matter of fact, he graduated from college with a degree in accounting. Throughout the years, he worked at various civilian businesses in positions generally related to his education in economics and accounting. It was when he joined the reserves that Garcia found the career he would be pursuing for the rest of his future.

During the classification part of inprocessing in the reserves, he asked for a position in finance. Those jobs were not available, he was told. Instead, he was offered a position with the military police. It turned out to be a perfect match.

He has been part of the police operation at Buchanan for ten years. "I started here in 1996. I'm one of the beginners, I should say. The Ponce brothers, Varguez and Vasquez and I all started at the same time," he said.

"I've worked in the Traffic Department as well as other duties. There, I issued decals and gave information on how to register vehicles and so on."

Officer Garcia is one of the many patient and professional officers who man the entrances to Fort Buchanan; a job that is often taken for granted by those who do not understand what they have to do.

"We deal with people all day long," Garcia said. "You have to be good with understanding people to do our job."

The traffic coming onto Buchanan at

times is intensive. The sheer number of cars and the limited amount of available officers requires them to go "above and beyond the call of duty."

"Many times we don't take a lunch hour. Last Friday was a really hectic day. We didn't even have time to go to the bathroom."

The safety and integrity of the gate operation requires close observation of entrants. "When I am working the gate, I ask myself - 'How is the vehicle? Is it in good running condition no cracked windshield, lights working, make sure they have a decal that's up to date. If they do not have a decal, we reroute them to the other gate,'" Garcia said.

"We check them for seat belts and when we see them on the phone we tell them to please pull over if they have to talk on the phone. If you get a call or have to make a call, please pull to the side. We will also check insurance if a car has stateside plates for the ACA sticker which is similar to a 'road use' tax in America," he said.

Impatient drivers as well as the polite ones need to understand that the officers do not create the traffic conditions, they just have to sort it all out. The object is to move people safely onto and off the post.

"The problems start when they don't have their ID card ready. Sometimes, instead of having the ID card ready to be shown to the officer they even stop in the middle of the road looking through their wallets, meantime, traffic is backing up. Usually I tell them - 'Sir, you should have your ID ready to come on-board. You're

delaying the traffic.' Some think I am scolding them but I explain to them I am trying to help them and tell them to look at all the traffic behind them - its dangerous. And sometimes you have people who are driving too slow coming in and that holds up the traffic, too," he said.

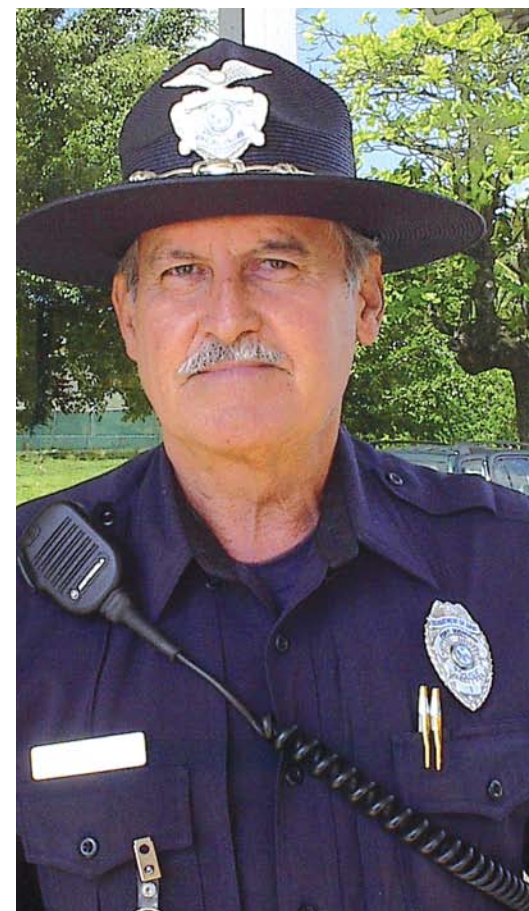
It's all a "people thing." How officers like Garcia handle their "customers" makes the difference in the experience. "Let's say when people violate the law like not completely stopping (at stop signs or lights). Sometimes they say, 'this is how we stop outside (the post).' I never go with the intention of giving a ticket. I prefer to give them a verbal warning because I think verbal warnings are much better than giving tickets. Most people are polite. They listen to you and say thank you very much, sir."

And, it's not just the people who are authorized entry that come to the gate.

"Sometimes a civilian drives on the post by mistake and when that happens, we call the patrol supervisor to handle that or any other problems and it usually comes out all right," Garcia said.

One point that Garcia wanted to make was - "A lot of times people get mad at the officers. We don't make the law, we just enforce it. People sometimes understand that; others do not."

Officer Garcia, along with his fellow officers, are the faces of the police operation at Fort Buchanan. It is them the public sees and remembers. Professionally, all the officers strive to provide the best service and force protection they can by serving and protecting each day.



Marc McCormick

Officer Juan Garcia directs traffic through Fort Buchanan's main gate.

Housing director 'closes the door' on 35 years of federal service

Marc McCormick
El Morro

"I grew up in the country and it taught me a lot of values," Bob Vigil said. Working hard; handing over your money for the family." Vigil was reflecting on growing up in Firebaugh, Ca. The times weren't affluent and everyone had to pitch in anyway they could for the family.

Finishing high school in 1969, Vigil joined the Marine Corps. In addition to his work ethic and loyalty to his family, the Corps instilled in him discipline and honor. "Being a Marine lasts forever," he said. Vigil then told the gathering, who had come together for his retirement ceremony from federal service, stories about running into Marines, old and young, during his travels. Without exception, they all greeted him as a fellow Marine and gave him a Semper Paratus or OORAH!

The workers and management of the Department of Public Works had come together to say goodbye to their friend, their co-worker and their boss. Robert, "Bob," Vigil has been associated with federal work force for thirty-five years. He began his civil service as a firefighter with the Navy at Roosevelt Roads.

Eventually, he crossed over from the fire department to the housing operation at Roosevelt Roads and he has been in the housing business ever since.



Marc McCormick

Col. Stephen M. Ackman presents Vigil with a certificate at a retirement ceremony held at the Buchanan DPW conference room. Vigil retired after 35 years of federal employment.

"I've known Bob a long time," said Pascual Quinones, director, Department of Public Works. "I have mixed feelings about today. Bob has always been there for you. We go back to 1984, when he was the new housing manager."

"I was fortunate to work on a lot of projects together. And, what I learned was that Bob has a way of doing business that catches on, his attitude," Quinones said.

Bob's business was managing 119 housing units, 32 medical hold buildings, 68 unaccompanied permanent party rooms, and, managing mobilizations and demobilizations and the housing referral program.

Garrison Commander Col. Stephen M. Ackman presented Bob with his certificate of retirement and an award. In his remarks Ackman said, "DPW has been working hard and your work is being noticed. It has been Bob, along with all of you (DPW workers) here today who make that possible and the good work is appreciated."

"Bob has made this a better place to be," Ackman continued. "His job has been to link people with these buildings and these houses that will become our homes."

When the accolades were over, Bob addressed his co-workers. "It surprised me," commenting on the size of the turnout. Many members of DPW, in addition to member's on Bob's family, were present

See Vigil — Page 18

Easter... a time to celebrate the Resurrection

Chap. (Capt.) Rafael A. Rodriguez
Ft. Buchanan Chapel

Easter, the most joyous day and season for Christians. We celebrate and relive the greatest event in the history of humanity. We believe that Jesus Christ, the Son of the Living God rose from the dead, and that by rising from the dead, He brought life to all who believe in Him.

The message of Easter is clear to all who believe in Jesus Christ — Death has been conquered; death is not the destiny of humanity. We believe God created man in His own image and likeness; God created humanity with free will; and humanity used the God given freedom to separate itself from Him, and thus brought death into the world.

But, we Christians believe that God, our Heavenly Father who is love, sent His only Begotten Son, God like Him, who took upon Himself human nature and became one like us in all things, except sin. We believe that

Jesus is the Christ, the Messiah, true God and true man. He showed us how much God loves humanity by taking our sins and death to the Cross.

We believe that in His glorious Resurrection, He gives His life to us. Our destiny is not death, it is life. We were created for life and Jesus, by His Resurrection assures us, that if we live in Him and follow Him, we will live forever with Him.

This is the reason for the joy of Easter. It is the Feast of Life, the assurance of God's infinite love for us, His creatures.

Easter, the day we know we are forgiven; the day we know we are saved.

Easter, the day we all become sons and daughters of God our Father; the day we become brothers and sisters of Jesus Christ, God the Son.

The day we become living temples of God the Holy Spirit.

As Saint Paul tells us — "For we know that Christ being raised from the dead will never



"On the first day of the week, at early dawn, they went to the tomb, taking the spices which they had prepared.

And they found the stone rolled away from the tomb, but when they went in, they did not find the body.

While they were perplexed about this, behold, two men stood by them in dazzling apparel;

and they were frightened and bowed their faces to the ground, the men said to them: "Why do you seek the living among the dead?"

He is not here, but has risen."

(Luke 20:1-5)

die again; death no longer has dominion over him.

The death he died he died to sin, once and for all, but the life he lives he lives to God. So

you must also consider yourselves dead to sin and alive to God in Christ Jesus.

(Romans 6: 9-11)

To all, a blessed and Happy Easter!

Holy Week Protestant Services

- April 9 — Palm Sunday
9:30 a.m. — Bible School - Annex
10:30 a.m. Palm Sunday Service - Chapel
 - April 13 — Holy Thursday
7:30 p.m. — Communion Service - Annex
 - April 14 — Good Friday
10 a.m. — The Seven Last Words - Chapel
 - April 16 — Easter Sunday
9 a.m. — Easter Mass - Chapel
- Religious Support Office**
787-707-3904 / 3405

Holy Week Catholic Services

- April 9 — Palm Sunday
9 a.m. — Blessing of palms, procession and Mass
- April 12 — Spy Wednesday
5:30 to 7 p.m. - Confession
- April 13 — Holy Thursday
6:30 p.m. Mass and adoration of the Blessed Sacrament
- April 14 — Good Friday
3:30 p.m. - Liturgy of the Lord's Passion and Death
- April 15 — Holy Saturday
8 p.m. - Solemn Easter Vigil
- April 16
9 a.m. Easter Mass

Isn't Easter a pagan holiday?

Dr. Ralph F. Wilson

By no means! Easter is the primary Christian holiday celebrating the resurrection of Jesus Christ the Lord.

However, the English word "Easter" may have pagan connotations. The Anglo-Saxon priest Venerable Bede in the 8th century derived it from the Anglo-Saxon spring goddess Eostre.

Of course, our days of the week, too, spring from the names of pagan gods: Sunday - Sun god; Monday - Moon god; Tuesday - Tiu, Germanic god of war; Wednesday - Odin, Norse supreme god; Thursday - Thor, Norse god of thunder; Friday - Frigga, Norse goddess of married love; Saturday - Saturn, Ro-

man god of agriculture. You see, the **names** that we use — indeed, our entire vocabulary — is filled with pagan references of Anglo-Saxon, Norse, Germanic, and Roman gods and goddesses, since the vocabulary developed before Christianity came to England. But the **content** of Easter — at least as true Christians practice it — is a celebration of the Resurrection of Jesus Christ. The old pagan celebrations of Easter are for those who don't know Jesus. But a meditation on Jesus' cross, his death, and his glorious resurrection are to be the focus of Christians.

Don't get hung up on the name "Easter." focus on the joy we celebrate when we recall Jesus' rising from the dead on that Sunday morning, that "Easter," 20 centuries ago.

Army prepares to discharge Reserve non-participants

Army News Service

WASHINGTON — Under a personnel initiative, Army Reserve and National Guard Soldiers who do not attend required weekend training may soon face streamlined discharge procedures.

In the past, reserve-component Soldiers who did not attend the required number of battle assemblies were sometimes transferred out of their unit and into the Individual Ready Reserve. Now these "non-participants" may be expeditiously discharged from the Army and could lose benefits, according to Army officials. They said the type of discharge will be determined on a case-by-case basis.

Under the new initiative, non-participating Soldiers will first be encouraged to resume training with their unit, officials said.

The notification procedures for separating Soldiers who do not train with their unit will be abbreviated under the new policy. In the past, four certified letters had to be sent to Soldiers who were not attending training.

Now a notification will be sent and a Soldier will have 30 days to respond. If the Soldier does not respond and return for training, officials said his file will be reviewed by a board to determine the type of discharge to be administered.

The expected result will be fewer non-participants on unit rosters, providing a more accurate picture of unit readiness, officials said. At



the same time, other Soldiers can be recruited or promoted into the resultant vacancies.

If Soldiers do not resume mandatory training when encouraged, Col. Elizabeth F. Wilson, deputy director of Military Personnel Management for the Army G-1, said, they will be processed for separation, and, if appropriate, required to reimburse the government any unearned portion of incentives they

have been paid.

"It's always been the intent to effectively manage RC Soldiers who are determined to be unsatisfactory participants, but the process can be administratively cumbersome and executed with varying degrees of rigor," she said.

"The execution of this realignment will be done at the Reserve component level, and will allow commanders and managers to begin from an unprecedented vantage point to better manage the force," she said.

"We are transforming the Army, while serving a nation at war, and this realignment is an integral part of that transformation," she said.

An estimated 15,000 reserve component Soldiers are currently not participating in required weekend training, officials said. But they pointed out that as of March 2006, approximately 100,000 Army National Guard and Army Reserve Soldiers were serving on active duty in support of the Global War on Terror.

Labor Relations Act provides important safeguards for civil service workers

John Calderon
Labor Relations

The Federal Labor Relations Act was established by the Civil Service Reform Act of 1978. It is charged with providing leadership in establishing policies and guidance relating to federal sector labor-management relations and with resolving disputes and ensuring compliance with Title VII of the Civil Service Reform Act of 1978, known as the Federal Service Labor-Management Relations Statute. It is managed by the Federal Labor Relations Board.

The FLRA represents the federal government's consolidated approach to its labor-management relations. It is "three agencies consolidated in one," fulfilling its statutory responsibilities primarily through three independent operating components — the authority, the Office of the General Counsel and the Federal Service Impasses Panel. It also supports two other components, both of which were established within the FLRA by the Foreign Service Act of 1980 — the Foreign Service Impasse Disputes Panel and the Foreign Service Labor Relations Board.

If FLRA represents the federal government's approach to its labor management relations program, what about the private sector?

The original National Labor Relations Act was enacted in Congress in 1935 and governs all labor management issues in the



private sector while the National Railway Labor Act was enacted in Congress in 1935 and governs all labor management relations in the airline and railroad industries.

The FLRB is a quasi-judicial body with three full-time members who are appointed for five-year terms by the President, with the advice and consent of the Senate. One member is appointed by the President to serve as Chairman of the Board and as the Chief Executive and Administrative Officer of the FLRA. The Chairman also chairs the Foreign Service Labor Relations Board.

The Board adjudicates disputes arising under the statute, deciding cases concerning the negotiability of collective bargaining agreement proposals; appeals concerning unfair labor practices; representation petitions and exceptions to grievance arbitration awards.

Consistent with its statutory charge to provide leadership in establishing policies and guidance to participants in the Federal labor-management relations program, the Board also assists federal agencies and unions in understanding their rights and responsibilities under the statute and helps them improve their relationships so they can collaboratively resolve more of their problems without adjudicatory intervention.

The Office of the General Counsel is the FLRA's independent investigator and prosecutor. The General Counsel, who is appointed by the President with the advice and consent of the Senate for a five-year term, is responsible for the management of the OGC, including the management

of the FLRA's seven regional offices. The General Counsel, through the seven regional offices, is initially responsible for processing unfair labor practice allegations and representation matters filed with the FLRA. As to unfair labor practices matters, the regional Offices investigate, settle, and determine whether to dismiss or prosecute ULP charges. The General Counsel also decides appeals of a regional director's decision not to issue a ULP complaint.

Regional offices also ensure compliance with all ULP orders issued by the Authority. The resolution of representation matters includes, among other things, conducting elections and making appropriate unit determinations. The Office of the General Counsel encourages the use of various alternative dispute resolution techniques in striving to help parties in the federal sector achieve a stable and productive labor-management relationship. This is accomplished through the use of facilitation, intervention, training and education programs.

The Federal Service Impasses Panel has seven presidential appointees who serve on a part-time basis, one of whom serves as chairman. The panel resolves impasses between federal agencies and unions representing federal employees arising from negotiations over conditions of employment under the Federal Service Labor-Management Relations Statute, the Federal Employees Flexible and Compressed Work

See Labor **Page 18**

Leaders outline force structure changes

Sgt. Sara Wood
American Forces Press Service

TACOMA, Wash. — The U.S. faces a new enemy and must adopt a new operational approach that focuses on joint operations and irregular warfare, military leaders said.

At the Pacific Northwest National Security Forum, leaders from the Army, Navy, Air Force and Marine Corps explained changes being made in their forces to better meet the changing landscape of the 21st century battlefield.

All the leaders emphasized that the war on terrorism is essentially a conflict of ideas that cannot be solved with traditional operational concepts. To meet the irregular threat, each service is changing in unique ways to become more effective.

Fundamental to the Army's transformation is the idea that a hybrid mix of forces is needed for the future, said Army Maj. Gen. David A. Fastabend, deputy director and chief of staff of the Army Capabilities Integration Center. "The worst thing we could do right now is try to make a choice between light and heavy (forces) ... because the future is unpredictable," Fastabend said.

The Army is building a force with a mixture of brigade types to ensure there are no vulnerabilities the enemy can attack, Fastabend said. Heavy brigade combat teams, infantry brigade combat teams, Stryker brigade combat teams and light brigades are available to be mixed together to best fight in whatever environment the Army finds itself in, he said. The Army also is increasing its number of brigades and the mix of active-duty and reserve forces to help sustain the intense pace of deployments, Fastabend said.

"We're going from the big war, big mobilization

model to 'you're at war forever,' so everybody's on a cycle," he said.

The Air Force also is changing its structure to better address the Global War on Terror, said Air Force Maj. Gen. Ronald J. Bath, special assistant to the Air Force vice chief of staff.

The Air Force, like the Army, has to balance its reserve and National Guard forces with its active-duty forces to ensure deployment cycles are balanced and resources are being used properly, Bath said.

"The Defense Department has been drawing down its air forces since 1990 and by 2024 will have reduced them by 42 percent," Bath said. "The force that's left will be completely embedded in a single, more advanced weapons system. We're trying to get smaller while we have more capability," he said. "The capability will increase."

The Navy has the expeditionary model of warfare ingrained in its culture, but it is far from perfect and is also looking at major changes in the future, said Navy Rear Adm. Peter H. Daly, commander of Carrier Strike Group 11.

More than ever, the Navy is recognizing the importance of sea power, Daly said. People tend to assume ships at sea will be unmolested by enemies, he said, but the amount (of) Americans (who) depend on the sea requires leaders to be more vigilant.

"The fact is, is that a huge proportion of U.S. trade, over 90 percent, travels by sea," he said. "(About) 2.2 billion people in this world live 100 kilometers from the shore. Fifty thousand tankers out there carry 60 percent of our oil, and if we had to live without it, we'd be having a very, very bad day."

Americans shouldn't have to worry about the maritime environment, and that's where the Navy comes in, Daly said.



Army Photos

Soldiers from the 3rd Brigade, 2nd Infantry Division, SBCT, ready their equipment atop a Stryker. Each vehicle deploys with three days supplies and ammunition and follow-on sustainment packages are distributed to units in pre-configured loads based on individual unit requirements.



Soldiers from the Army's first Stryker Brigade Combat Team, check on rows of Stryker vehicles and other equipment.

The most taxing time of the year

Legal Assistance Office

Military-based Volunteer Income Tax Assistance Center sites provide free tax advice, tax preparation, return filing and other tax assistance to active duty members, retirees and their families.

The volunteer assistants are trained to address military specific tax issues, such as combat zone tax benefits.

Military commanders support the program by detailing members of the military to prepare returns and by providing space and equipment for tax centers.

The IRS supports these efforts by providing tax software and training.

To receive this free assistance, you should bring the following documentation to your military VITA site —

- Valid photo identification.
- All Social Security cards for you, your spouse and dependents or a social security number verification letter issued by the Social Security Administration.
- Birth dates for you, your spouse and dependents.
- Current year's tax package, if you received one.
- Wage and earning statement(s) Form W-2, W-2G, 1099-R etc.

• Also, any interest and dividend statements (Forms 1099).

• A copy of last year's federal and state tax returns, if available.

• Any bank routing and account numbers for direct deposit.

• Total amount paid for day care.

• Day care provider's identifying number.

• Any other relevant information about income and expenses.

If your filing status is married filing jointly and you wish to file your tax return electronically, both you and your spouse should be present to sign the required forms.

If it isn't possible for both to be present, a valid power of attorney that allows tax preparation can be used to sign and file the return.

For more information, see IRS Publication 3, Armed Forces' Tax Guide.

It is available on the IRS Web site at www.irs.gov.

Free copies are also available by calling 1-800-TAX-FORM (1-800-829-3676).



Fort Buchanan Tax Center — Bldg. 214

Hours of operation

• 8 a.m. to Noon and 1 - 3 p.m.

Monday – Friday

Customers will be seen by appointments **ONLY**.

In compliance with AR 27-3, the tax center will only provide services to active component, retirees and recently demobilized reserve Soldiers and family members.

As an exception, DOD civilian employees on a transportation agreement will also receive services.

Last day of operation will be April 14.

For an appointment, call x5132.

12 Tax schemes, how to avoid them...

Capt. Javier Calderon Garnier
Staff Judge Advocate Office

It is a sad fact that tax scams run rampant among promoters who unscrupulously seek profit in any way they can. Tax scams usually seem too good to be true because they make false promises and leave taxpayers with a large bill. The Internal Revenue Service tracks tax scams and scam artists, and releases its annual listing of the most notorious tax scams every year.

The IRS latest release includes 12 of the most common tax scams. The purpose of this information is to warn people and urge them to use caution when contemplating offers that seem too good to be true because these are the ones most likely to be illegal. The 12 most common schemes are —

1. Offshore transactions — Some people use offshore transactions to avoid paying United States income tax. Use of an offshore credit card, trust or other arrangement to hide or under report income or to claim false deductions on a federal tax return is illegal.

Through April 15, the IRS is offering people with improper offshore financial arrangements a chance to make things right. Eligible taxpayers who step forward will not face civil fraud and information return penalties. A taxpayer involved in these schemes who does not come forward now, however, will be subject to payment of taxes, interest, penalties and potential criminal prosecution.

People interested in participating in the program, called the Offshore Voluntary Compliance Initiative, can contact the IRS by calling 215-516-3537 (not toll-free).

2. Identity theft — Identity thieves use someone's personal data to steal his or her financial accounts, run up charges on the victim's existing credit cards, apply for new loans, credit cards, services or benefits in the victim's name and even file fraudulent tax returns.

The IRS is aware of at least two recent identity theft scams involving taxes or the

IRS. In one, tax preparers allegedly used information, such as Social Security numbers and financial information, from their clients' tax returns to commit identity theft. In another, fraudsters sent bank customers fictitious bank correspondence and IRS forms in an attempt to trick them into disclosing their personal and banking data.

For taxpayers, it pays to be choosy about disclosing personal and financial information. And the IRS encourages taxpayers to carefully select a reputable tax professional.

3. Phony tax payment checks — In this scheme, con artists sell fictitious financial instruments that look like checks to pay a tax liability, mortgage and other debts. The con artists may also counsel their clients to use a phony check to overpay their taxes so they can receive a refund from the IRS for the overpayment. The false checks, called sight drafts, are worthless and have no financial value. It is illegal to use these sight drafts to pay a tax liability or other debts.

4. African-Americans get a special tax refund — Thousands of African-Americans have been misled by people offering to file for tax credits or refunds related to reparations for slavery. There is no such provision in the tax law. Some unscrupulous promoters have encouraged clients to pay them to prepare a claim for this refund. But the claims are a waste of money. Promoters of reparations tax schemes have been convicted and imprisoned. And taxpayers could face a \$500 penalty for filing such claims if they do not withdraw the claim.

In early 2002, the slavery reparations scam ranked as the No. 1 scheme on the Dirty Dozen list. Following a sweeping public outreach campaign and assistance from members of the Congressional Black Caucus and other organizations, the number of reparation scam claims fell sharply. Tens of thousands of claims were received in 2001, but the claims fell to less than 50 per week in 2002.

5. No taxes withheld from wages — Illegal schemes are being promoted that instruct

employers not to withhold federal income tax or employment taxes from wages paid to their employees. These schemes are based on an incorrect interpretation of tax law and have been refuted in court. A recent flurry of court actions has been taken against promoters of these schemes. Taxpayers who have concerns about their employer and employment taxes can get help by calling the IRS at 1-800-829-1040.

6. Improper home-based business — This scheme purports to offer tax "relief" but in reality is illegal tax avoidance. The promoters of this scheme claim that individual taxpayers can deduct most, or all, of their personal expenses as business expenses by setting up a bogus home-based business. But the tax code firmly establishes that a clear business purpose and profit motive must exist in order to generate and claim allowable business expenses.

7. Pay the tax, then get the prize — The caller says you've won a prize, and all you have to do to get it is to pay the income tax due. Don't believe it. Someone who really wins a prize may need to make an estimated tax payment to cover the taxes that will be due at the end of the year. But the payment goes to the IRS — not the caller. Whether the prize is cash, a car or a trip, a legitimate prize giver generally sends both the winner and the IRS a Form 1099 showing the total prize value that should be reported on the winner's tax return.

8. Frivolous arguments — Frivolous arguments are false arguments that are unsupported by law. When a scheme promoter says, "I don't pay taxes — why should you," or urges you to "untax yourself for \$49.95," beware. These scams are as old as snake oil, but people continue to be taken in. And now they're on the Internet. The ads may say that paying taxes is "voluntary," but that's just plain wrong. The U.S. courts have continuously rejected this and other frivolous arguments. Unfortunately, hundreds of people across the country have paid for the "secret" of not paying taxes or have bought "untax

packages." Then they find out that following the advice contained in them can result in civil and/or criminal penalties. Numerous sellers of the bogus schemes have been convicted on criminal tax charges.

9. Social Security tax scheme — Taxpayers shouldn't fall victim to a scam offering refunds of the Social Security taxes they have paid during their lifetimes. The scam works by the victim paying a "paperwork" fee of \$100, plus a percentage of any refund received, to file a refund claim with the IRS. This hoax fleeces the victims for the up-front fee. The law does not allow such a refund of Social Security taxes paid. The IRS processing centers are alert to this hoax and have been stopping the false claims.

10. "I can get you a big refund ... for a fee!" — Refund scheme operators may approach someone wanting to "borrow" their Social Security number or give him or her a phony W-2 so it appears that the person qualifies for a big refund. They may promise to split the refund with that person, but the IRS catches most of these false refund claims before they go out. And when one does go out, the participant usually ends up paying back the refund along with stiff penalties and interest. Two lessons to remember: 1) Anyone who promises someone a bigger refund without knowing their tax situation could be misleading them, and 2) Never sign a tax return without looking it over to make sure it's honest and correct.

11. Share/Borrow EITC dependents — Unscrupulous tax preparers "share" one client's qualifying children with another client in order to allow both clients to claim the Earned Income Tax Credit. For example, one client may have four children but only needs to list two to get the maximum EITC. The preparer will list two children on the first client's return and the other two on another client's tax return. The preparer and the client "selling" the dependents split a fee. The IRS prosecutes the preparers of such fraudulent claims, and participating taxpayers could be

See Scams — Page 18

Customers alerted to rise in use of fraudulent coupons

Rick Brink
DeCa Public Affairs

FORT LEE, Va. — Be careful how you get your Internet coupons.

That's the word from Defense Commissary Agency officials who are alerting customers about a recent rise in the use of fraudulent Internet or home-printed coupons and steps the agency has taken to address the issue.

Commissaries gladly accept Internet or home-printed coupons provided they meet these requirements: the coupons must have "dot-scan" bars below expiration dates or bar codes with Product Identification Numbers, and they can't be for free products. This is an expansion of acceptance criteria for home-printed coupons because counterfeit coupons have shown up recently in commissaries and other supermarkets nationwide. Officials are pointing to Internet trading as the source of the counterfeit coupons.

"Counterfeit coupons are circulating on the Internet through auction services, message boards, e-mails and other means causing millions of dollars in losses to the grocery industry," said Scott Simpson, DeCA's chief operating officer.

Fraudulent coupons presented recently at commissaries were for products ranging from laundry detergents, air fresheners and deli meats to sodas, chips and over-the-counter medications. Defining more stringent requirements for stores to accept home-printed coupons is one phase of action the agency is taking to combat the problem. Educating customers about how to avoid getting taken by counterfeit coupons is the other phase, and it's been described as the best line of defense against possible fraud, Simpson said.

People who purchase or trade coupons are inherently at risk of receiving counterfeit coupons, therefore customers

shouldn't buy or trade for coupons.

The sale or transfer of coupons is a violation of virtually all manufacturers' coupon redemption policies, according to the Coupon Information Center, a coupon industry watchdog. These policies are printed on the coupons.

Customers can be assured they are not obtaining counterfeits if they get their coupons directly from newspapers or magazines, directly from a manufacturer or from some other legitimate coupon channel, including Internet sites.

Demand for more organic products

Bonnie Powell
DeCa Public Affairs

Organics are "in" and military consumers are demanding more. That's why customers in most large U.S. commissaries will find a growing selection of organic products offered throughout the store.

"Our larger stores have more than tripled the number of organic products they have in stock. It's the fastest growing category this year," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency.

"Customers are demanding them and our mission is to listen and respond, but increasing our organic product selection also fits in with our emphasis on the commissary as the place for military families to shop for healthy food at healthy savings. Shoppers should read product labels to determine exactly what's in the food at the commissary — whether you want reduced fat, lower sodium, or organic!"

At the current growth rate, organics will reach more than \$10 million in commissary sales in 2006, but commissary customers will find they can "go organic" and not have to

take out a loan. As with other products, organic foods at the commissary are sold at cost, which translates into substantial savings over commercial grocery or specialty stores.

Organic milk, cereals, and even frozen pizzas and enchiladas, are the top sellers currently but that can change rapidly as product selection and popularity increase.

Customers will generally find organic products located with their non-organic counterparts, but they will be easy to find as shelves are marked with small green signs displaying the organic seal of the United States Department of Agriculture.

The USDA seal is the best way for customers to know which products are organic.

According to Joan Shaffer of the USDA's National Organic Program, "The seal simply means the product meets a set of national standards for food labeled 'organic,' whether produced in the United States or imported from other countries."

Although the USDA makes no claims that organic food is safer or more nutritious, organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.

Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation.

Before a product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards.

Companies that handle or process organic food before it gets to the commissary must be certified as well.

Fort Buchanan Army Career & Alumni Program

ACAP TAP Workshop

April 17 — 20

7:30 a.m. - 4 p.m.

at the Fort Buchanan

Training Center Classroom, Bldg. 511

*The Transition Assistance Program
(TAP) seminars provide information
that facilitates moving from the
military to the civilian world.*

If you are within two years of retirement or one year to ETS,
contact Mr. Griffin at the ACAP Office to reserve your seats.

787-707-3681

Nine month trend in recruiting, retention success continues

Donna Miles
American Forces Press Service

WASHINGTON — Recruiting and retention statistics released reflect continued across-the-board success and continuation of a nine-month trend, officials said.

A top Pentagon official called that a testament to hard work by recruiters and broad public respect for the military in light of the economic boom under way.

"February, in recruiting, was another really solid month," said Bill Carr, deputy undersecretary of defense for military personnel policy, during an interview with the Pentagon Channel.

In active-duty recruiting, the Army achieved 102 percent of its February goal, bringing more than 6,100 soldiers into the force. The Navy and Marine Corps both achieved 104 percent of their goals, recruiting almost 2,700 and more than 1,700 new members, respectively. The Air Force met 101 percent of its goal, recruiting more than 2,300 airmen.

Reserve and National Guard recruiting remained strong, too, particularly for the Army, which represents 80 percent of the entire reserve component force. The Army National Guard met 101 percent of its February goal, with almost 6,600 recruits, and the Army Re-

serve attracted almost 2,300 new members, 97 percent of its goal. The Air Force Reserve achieved 117 percent of its goal, recruiting 573 airmen.

Three reserve components fell short of their February goals. The Air National Guard reached 88 of its goal; the Marine Corps Reserve, 86 percent; and the Navy Reserve, 81 percent. These components recruited 680, 469 and 710 members, respectively. High retention rates service-wide show that people who decide to join the military appear to agree with this assessment, Carr said. "I think the message there is that those who know us best are making a decision to stay," Carr said. "It's a tribute to those who are in the service, their families, to the family support groups that feel the way they do about this noble institution."



File Photo

Sergeant Major of the Army Kenneth O. Preston recently visited new Army recruits during basic training at Fort Leavenworth, Kan. Preston frequently checks on the caliber of new Soldiers.



Courtesy Photo

Over the bridge and to ...

Col. Stephen M. Ackman, commanding officer, Fort Buchanan, and members of DPW stand on the newly reconstructed Toro bridge that has been awaiting repairs since the construction moratorium. This bridge is unique and it is well-known as a "Chinese type" bridge since it was designed to have a semi-arc shape and is painted in the traditional red color used for typical Chinese bridges. After many years, the old wooden bridge became rotten and damaged due to inclement weather and finally was shut down for safety reasons. The normal procedure to install this type of bridge is to provide reinforced concrete for its foundation; a job that would have taken several months to complete. Thanks to the imagination of Ramon Franco and Juan Gonzalez, Directorate of Public Works, a pre-cast median barrier was installed upside down at each end of the span to create the abutment. The technique worked well for a bridge like this one. The reconstruction only took two weeks saving time and money. A security flood light, with light sensor for night pedestrians, was also installed.

10K

The president of the organizational committee for the event was Rafael Acosta, the general director of the "Puente Teodoro Moscoso." Acosta's wife, Margarita Acosta helped him coordinate the event. The event, originally began in 1998, was only for Puerto Ricans.

The Acosta's goal was to internationalize the run because each year more and more runners registered with the best runners from all around the world coming to Puerto Rico to compete. "We never thought the anniversary of the Teodoro Moscoso bridge would be this important," Margarita Acosta said. She takes care of the details and protocol of the race.

"I feel really proud of the goal this event has reached. The goal was to bring people from other parts of the world to compete. she says.

For this type of activity there is a lot of security because of the crowds. Everything needs to be in order, Acosta said, especially having people prepared to render first aid on a hot, sunny day. She also mentioned that they never imagined that the World's Best 10K would become this important. "There is a lot of family participation, which is why this race is called 'walk it or run it.'"

Many people ran this race for the first time and saw it as a challenge. "I have always wanted to run this race and it was about time," said 24 year old law stu-

dent Nicole Martinez. "Now I want to keep on participating in this event." Martinez is planning on participating in the 10k again next year. She considers it a great experience.

Mario Cruz Peña, 46, competed in the wheelchair category winning fourth place. "One of my wheels exploded and I had to expend a lot of strength (to finish), it was a hard moment," said Cruz Peña.

Another participant in the wheelchair category was Rita Cerame who won fourth place.

Cerame, as one of the coordinators, tries to make it better and omit errors. "I feel satisfied," Cerame said.

Also, Vicente Velez, a photographer for El Morro, participated in the wheelchair category and placed third.

Most of the runners in the race participated just to have fun — "correr por correr."

Registration is already being worked on for next years World's Best 10k.

Next year, the grand prize will be of \$100,000.



Vicente Velez

World class runners get ready for the start of the "World's Best 10K" race in San Juan.

Mullick

cally received by the audience and Mullick stood out as a living example of the Women's History Month theme — "Women Builders of Communities and Dreams."

President George W. Bush said, "This month, I encourage all Americans to join me in celebrating the extraordinary achievements and contributions of American women."

At the conclusion of the event, hostess Magda Rivera said, "The success of the Fort Buchanan

From Page 1

Special Emphasis program is attributed to the hard work and dedication of some individuals who you see here today or they work behind the scene ensuring our programs are successful."

Col. Ackman presented citations to several Buchanan employees for their support of the program.

As part of the festivities, students from the Antilles High School Choir and the Antilles High School Barbershop ensemble performed for the guests.



Leo Martinez

Miguel Barbosa, Roberto Escobar, Wilfredo Garcia, Stephanie Haddock, Joseph Mendez, Erick Navedo, Marcos Ortiz, Omar Rodriguez and Christopher Santana are members of the Antilles High School Barbershop ensemble.

Labor

From Page 18

Schedules Act, and the Panama Canal Act of 1979. If bargaining between the parties, followed by mediation assistance, proves unsuccessful, the panel has the authority to recommend procedures and to take whatever action it deems necessary to resolve the impasse. The panel's staff also supports the Foreign Service Impasse Disputes Panel in resolving impasses arising under the Foreign Service Act of 1980. The staff of the Federal Service Impasses Panel supports the Disputes Panel.

If you need more information regarding Federal Labor Relations issues or have any question regarding this article, call CPAC or call John Calderon directly at 707-3230 and we will glad to provide you with more detailed information.

Scams

From Page 16

subject to civil penalties.

12. IRS "Agent" comes to your house to collect — First, do not let anyone into your home unless they identify themselves to your satisfaction. IRS special agents, field auditors and collection officers carry picture IDs and will normally try to contact you before they visit. If you think the person on your doorstep is an impostor, lock your door and call the local police. To report IRS impostors, call the Treasury Inspector General's Hotline at 1-800-366-4484.

The IRS and other federal agencies are aggressively pursuing and successfully prosecuting promoters of these schemes and many of their clients for fraud and tax evasion. These can result in imprisonment, fines and repayment of taxes owed with interest and penalties. Even innocent taxpayers involved in these schemes can face a staggering amount of back interest and penalties. Taxpayers who suspect tax fraud can report it to the IRS at 1-800-829-0433. For more information, call the installation Legal Assistance & Claims Office at 707-5155/5154, or stop by Bldg. 214. Our hours of operations are Monday - Friday from 8 a.m. to 4 p.m. (on Thursdays the office is closed for training purposes).

Vigil

From Page 13

for the celebration. Looking around the room, Bob reflected on his past.

"From the Marine Corps, I learned discipline, teamwork and get the job done," he said. "You have to be loyal to the organization and be respectful, even if you don't agree. One of the things I have always thought about was when we young sergeants would get together and ask ourselves — 'Would I follow that officer if he ordered me to take that hill?'"

I think about the people I work with and ask myself, 'would they follow me?'" he said.

"I have always tried to do my job so when our Soldiers are deployed they don't have to worry about their families," Bob said.

Vigil will now spend his well earned retirement with his family and grandchildren and the people of Buchanan will still be able to see him out on the golf course.

He will be missed.

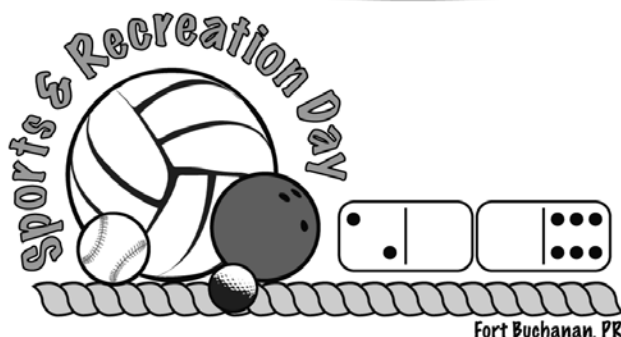
MWR

Morale, Welfare and Recreation

Caribbean Scoop

a taste of events to come...

visit us on the internet at www.buchanan.army.mil/mwr
Fort Buchanan, Puerto Rico • March 2006



Fort Buchanan, PR

**FRIDAY,
21 April 2006**

7 am - 4 pm • Cabaña Picnic Area

EVENTS:

- 5 Km Run • Golf Tournament
- Softball • Basketball • Bowling
- Grass Volleyball • Horse Shoe
- Ring the Bell • Dominoes • Tug O' War

Live Entertainment • DJ Music

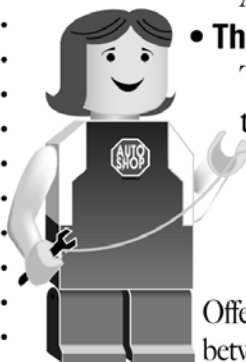
For more information call:
MWR Comm. Rec. Division at 787-707-3301

LADIES NIGHT



Specials at
**Fort Buchanan's
Automotive Skills Center**

- Thursday, April 6
Wheel Alignment
- Thursday, April 13
Air-Conditioner Check-up
- Thursday, April 20
Auto Lift Usage
- Thursday, April 27
Tire Balance & Learn How
to Balance Them



For more information
call or visit us! Automotive
Skills Center at 787-707-3972

Offers apply only during date posted
between 4 - 8 pm. ONLY FOR LADIES!



MWR NAF SALE! & SEALED BID

of Excess Property & Items

• APRIL 28 & 29 • 8 am - 5 pm

at the Community Club & Conference
Center Parking Lot. Items sold & bid in
"as is condition." Don't miss this
opportunity! Bid envelopes will be
open the 29th prior to closing of event.
MWR employees cannot participate of
sale or bidding process.



Bring Your Own Basket

**SATURDAY, 15 APRIL
9 - 11 AM AT CABAÑA PICNIC AREA**

Sponsored by:

- Tropicana • Holsum
- Gatorade • Frito Lay

Hunt starts at 10 am

For more info:

Call CYS at 787-707-3434



BLOOD DRIVE
by the American Red Cross of PR

**29 April 2006
9 am - 3 pm
Community Club &
Conference Center**

When You Give Blood, You Give Life.



Caribbean Scoop

Fort Buchanan, Puerto Rico • March 2006
visit us on the internet at www.buchanan.army.mil/mwr

Thank You!

to our Sponsors for their support during
April: Month of the Military Child activities!

- 10 - 13 April: YS Spring Break Tournament • 15 April: Easter Egg Hunt
- 17 - 22 April: YS Ultimate Journey • 28 April: CYS Fun Day. The Fort Buchanan community appreciates your commitment. Our sponsors: Caribbean Produce • Elmec Industries • PaperClips, Etc
- Jose Santiago, Inc. • Pepsi Cola/Tropicana • Holsom • Matosantos Commercial • Gatorade • Frito Lay

Inside:

- Sports & Recreation Day
- MWR NAF Sale & Sealed Bid
- Spring Bazaar
- Automotive Classes & Specials
- Easter Egg Hunt
- Blood Drive

For more details about these
events see inside at the
MWR Caribbean Scoop!

Administrative Professionals are the heart of every

Fort Buchanan Community Club



A SPECIAL TREAT FOR HER/HIM

Wednesday, 26 April

Buffet 11 am - 2 pm

Live Music 12 - 3 pm

Menu:

Steamship Round of Beef

Tom Baked Turkey

Bread Stuffing, Giblet Gravy,

Buttered Mashed Potatoes, Sweet

Potatoes, Mixed Vegetables,

Salad Bar & Dessert Bar

ONLY \$8.95 PER PERSON

EASTER BRUNCH

Fort Buchanan Community Club



Sunday, 16 April

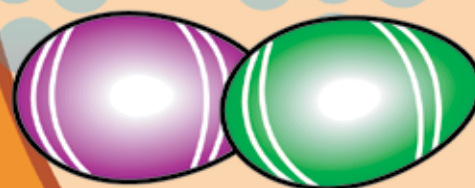
Enjoy the

EGG HUNT

with your kids,
followed by a

SUPERB BUFFET

& Live "Trio" Music



• **Egg Hunt**

10 - 11 am

• **Buffet**

11 am - 2 pm

• **Entertainment**

12 - 3 pm

\$17.95 Adults

\$ 8.95 Children

(6 - 12 years old)

1-5 years old free

For more information call

787-707-3535, x-200

Reservations are not required.